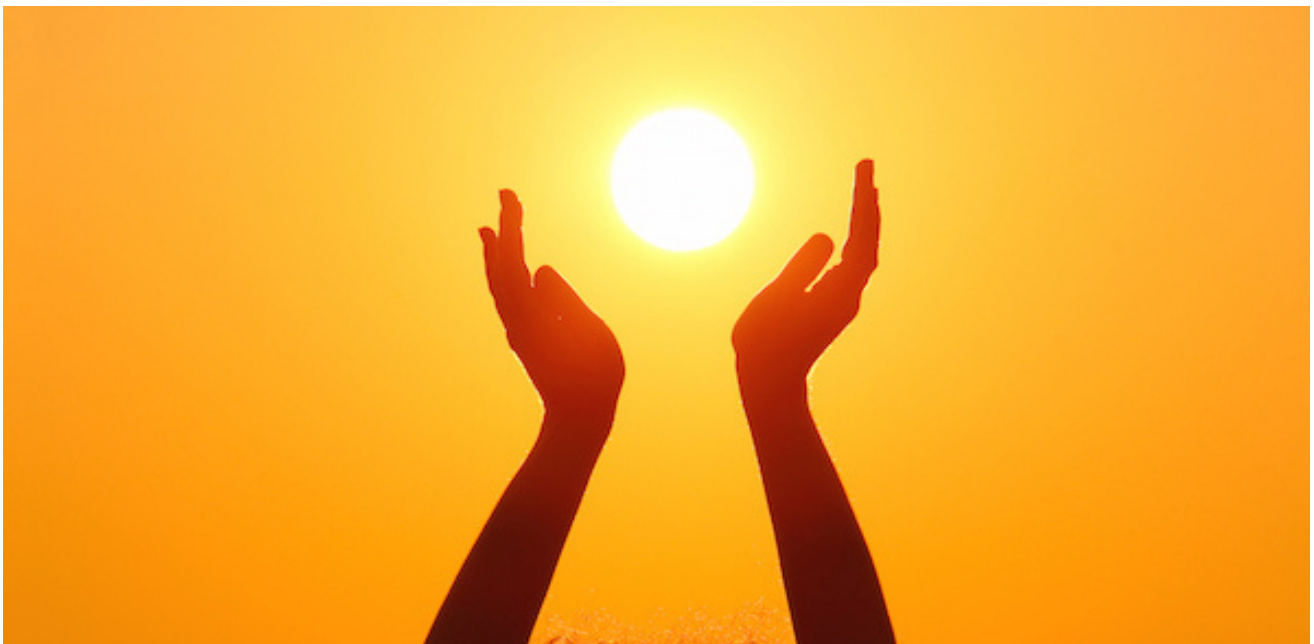


Manifest What You Deeply Want

3 Mindset Shifts for Ease & Flow



Nicola Walker

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The three mindset shifts that I share with you in this short guide support you to consciously create and manifest what you most deeply want. Although I often work with people around creating their dream career, supporting them to find inner clarity, as well as ease and alignment with what they are creating, the principles I teach are core to creating what you long for in life.

We are vibrational beings. Our thoughts, feelings and emotions are all energy that creates our reality. It's important to become aware of our thoughts and energy throughout the day, especially if we start to feel negative or don't like what is happening.

We all have times when we feel despondent, frustrated, wondering if we will ever get there. I know I have. It's tempting to be hard on yourself, to go into your head rather than your heart, and even doubt yourself and wonder whether it's possible to live your dreams. You might tell yourself, "it's too hard" or "it's not practical or realistic," and be close to giving up.

There are many ways we can thwart ourselves when it comes to manifesting what we deeply want, even going as far as not admitting what we really want, so as not to get disappointed. Our minds can be tricky.

The truth is that Life wants us to have what we truly desire. What is in your heart is yours. You are lovingly supported by the Universe to blossom into the fullness of who you are and to live the promise of what is possible for you in your life.

Focus on unlimited possibility because anything less is simply your mind spinning limitations, based on past experience.

A big turnaround happened for me when I decided to focus on ease and flow, while trusting my inner guidance no matter what.

Ease and flow is the natural way of things, when we don't get in the way. Ease is a choice and flow is available to us at any time.

Mindset Shift #1 Know What You Want

As we create our life through our thoughts and desires, it's important to take the time to reflect on what you deeply want, rather than what you *think* you want. Life is a creative process. You have the power to create the life that calls you.

Focus on what you want, not what you don't want. If you stay focused on what you don't want, getting emotionally caught up in what you dislike or fear, you lose your perspective and attract an energetic match to what you dislike.

For example, if your focus is not liking your financial situation, you might attract more bills to pay, or lose a source of income. If you focus on what you don't like in your work, you can feel like you're wading through a swamp, making it



hard to step into your power and create work you love. If you focus on not liking your interactions in a relationship, the relationship is unlikely to evolve beyond being difficult.

When you become problem focused rather than solution focused, it's hard to open the doors to ease and flow, and the success that could be yours — if you let it.

The simple solution is to focus on what you want. Ask yourself, “What do I most deeply want?”

Go somewhere where you can be quiet and feel relaxed. Ask the question, “what do I most deeply want?”, breathe and listen. You can ask this question for clarity in the moment, or a specific situation, as well as big life choices and decisions.

Notice if you go up into your head for the answers. If you do, breathe and drop your energy and awareness into your heart.

The answers you find deep in your heart are the answers you can trust.

Mindset Shift #2: Follow Your Inner Guidance

We have an amazing inner guidance support system that lives inside us. We might experience it as our intuition, in the form of whispers, visions and gut feelings. It's important to trust and follow your inner guidance. Your inner guidance knows what you most deeply want and will help you to get there.



Slow down to listen to your inner guidance. Intuitive guidance is always communicating to us, so attune yourself to what it is telling you.

One simple way to know what your inner guidance is communicating to you is to notice if you feel open (expansive and alive) or contracted (a closed, tight sensation in your body).

When you feel open, enlivened and connected, you are experiencing your inner “yes”. When you are contracting and tensing up, you are hearing your inner “no”, or a request to stop and listen more deeply to what is true for you.

Your heart is the doorway to your inner guidance, which informs you with answers that are often different from your logical and conditioned mind, rooted in past experiences and what you already know.

Following your inner guidance opens your eyes to life's richness and the multitudes of miracles that we so often miss because we are at odds with the present moment, absorbed with a whirlwind of thought inside our heads.

Observe the results of following your intuitive guidance to develop trust in your deeper knowing. Inner guidance leads you to ease and flow, even if it doesn't look like it immediately.

Mindset Shift #3: Release Your Attachments

When we deeply want something, we get very attached to it happening. Attachment is that sticky area where we get caught like flies in a fly trap over and over again. The more we attach, the harder it is to manifest what we want because of our underlying fear that what we want won't happen.

Remember that when you deeply want something, it is yours. The Universe wants what you want and will support you in having it. Sometimes there is a personal evolution you need to go through to manifest your desires.



Here are three touchstones to help you with this mindset shift:

Be aware of what you are doing with your mind and thoughts. Look out for when you close down your energy and tighten inside. As soon as you catch yourself tightening, take a few deep breaths. Slow down and center yourself. Put your hand on your heart so you can connect to your inner guidance.

Let go of judging yourself for where you are. What is happening now is perfect, although it can be really irritating to hear that. Make peace with the present moment. Let go of attachment to wanting this moment in your life to be any different. Release wanting to “get there” faster, so you can slow down and catch the whispers from your inner guidance.

Bless yourself, this moment and everything and everyone in your life. Say thank you, thank you, until you feel an opening in your heart, a warm wave of love.

As you let go of wanting anything to be any different, you become open to ease and flow. What you deeply want to manifest is present in your energetic field. It was there all along. It is yours. Relax and let yourself be shown the way, by following what you are inspired to be and do in each moment.

Trust the process and love the journey! This is your one precious life, dear One. You've got this. You are a blessing to the world.

Your Next Step

Let's go deeper to find out whether we are a match for you and your situation. I invite you to sign up for a **free 45 mins Create What You Long For discovery call** (over Zoom, Skype or phone).

You will get:

- **Renewed focus on your dreams, goals and yearnings**
- **Insight into what gets in the way of you manifesting what you deeply want**
- **Clarity on the right next step for you**

To sign up, send an email to Nicola@nicolawalkercoaching.com with your name, best email, cell number with country or time zone. Or, book now <https://calendly.com/nicolawcoaching/discovery-call-45-mins>

About Nicola



Hi, I'm Nicola Walker. I have been an inner freedom coach and hypnotherapist for over 20 years, and am the creator of The Ease Experiment. I support people to create their unique dream career and live the life they long for — with ease and joy. My transformational approach combines conscious creation, mindset and inner guidance.

I am the author of the forthcoming memoir and self help book, *Joy in the Middle of the Mess: An Evolutionary Adventure on the Quest for Success*, as well as a trained WomanSpeak circle leader. One of my greatest joys is

to walk and hike in the hills and along the beautiful California beaches, near my home in the San Francisco Bay Area. <https://nicolawalkercoaching.com>

"I am so grateful to have found someone with the skills and inspiration of a spiritual teacher, and life and business coach, all rolled into one."

— F. Carbonaro, vocalist, Sebastapol, CA